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MYSTERY {page 4}



MOOSEHEADS STRUGGLING IN 2012 {page 15}



Monday, January 9, 2012
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News worth sharing

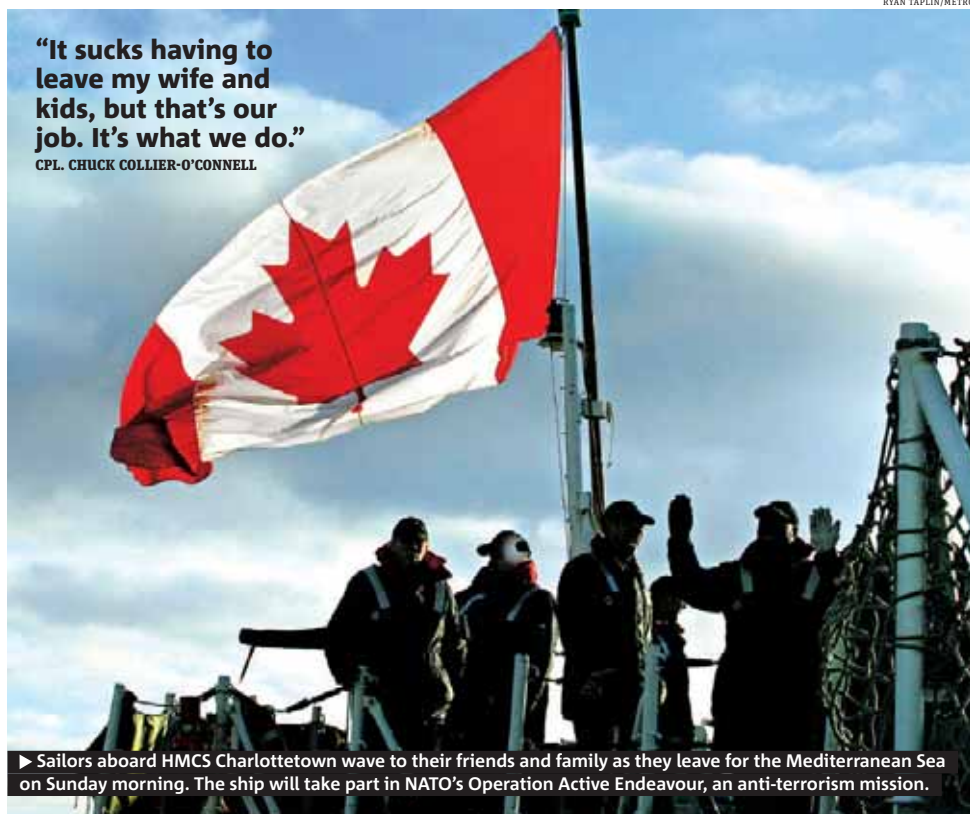
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RYAN TAPLIN/METRO

"It sucks having to leave my wife and kids, but that's our job. It's what we do."

CPL. CHUCK COLLIER-O'CONNELL



► Sailors aboard HMCS Charlottetown wave to their friends and family as they leave for the Mediterranean Sea on Sunday morning. The ship will take part in NATO's Operation Active Endeavour, an anti-terrorism mission.



**ALEX
BOUTILIER**
@METRONWS CA

Just over four months after her return from Libya, HMCS Charlottetown is Mediterranean-bound.

Sailors gave a tearful goodbye to hundreds of loved ones at the Halifax navy dockyard on Sunday morning before departing on a six-month deployment to the Mediterranean Sea.

There, the ship will participate in the NATO-led Operation Active Endeavour, tasked with finding and boarding ships suspected of participating in terrorism.

"We'll join NATO, and we'll be part of a counter-terrorism mission, which effectively means we're going to be patrolling the Mediterranean, looking for weapons of mass destruction or constituents that could be used to design such things," said Charlotte-town Cmdr. Wade Carter, who will have a crew of about 250 sailors.

Defence Minister Peter MacKay announced the mission in November, committing the Royal Canadian Navy to remain a presence in the Mediterranean until the end of 2012.

MacKay said the decision was



► Master Seaman Stephen Burke hugs his daughter Lillian.

partly out of consideration of the situation in Syria, where the government has been brutally cracking down on protesters.

But Carter said that's not part of the ship's mission — at least for now.

"We are ready to deploy on behalf of the Government of Canada if they direct us to proceed on any type of mission," he said.

Carter said he doesn't anticipate a high level of risk, with most ships in the region complying with the law and allowing inspection.

But Cpl. Chuck Collier-O'Connell is still anxious.

"Nervous. That's pretty much the only way to explain it," he said on Sunday.

This will be Collier-O'Connell's first deployment. His wife, Jackie, and their sons A.J. and Jeffery, were on the dock to see him off.

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Putting cash into commuter rail?

For decades, commuter rail in HRM was only a discussion or a dream, but on Tuesday council will for the first time be asked to put some real money into it.

The transportation committee is recommending council pay for a consultant to prepare a feasibility analysis on commuter rail from Windsor Junction and Enfield to downtown Halifax.

It would cost about \$250,000 for the study —

including compensation to CN for their participation.

And since CN owns the rail lines, their co-operation is crucial. But it might be a little tricky considering CN and HRM are currently in a court battle over cost-sharing for renovations to train bridges.

"I hope it becomes leverage," said Bedford Coun. Tim Outhit. "Is there an opportunity for us to work together here in a big picture?"

Bedford residents would have much to gain by this proposed commuter-rail system, but HRM is not about to run a railroad, Outhit said. Rather, it would be outsourced to VIA or CN.

"Let's get the facts instead of talking about it for 20 years," he said. "Let's make a decision: Is this going to shape our transportation strategy in the next 20 years or not?"

Back in February 2011, council had a look at a staff

report suggesting HRM could make use out of existing rail lines and rebuilt Budd RDC trains or dayliners.

The refurbished dayliners would cost about a "bus and a half," Outhit said.

When the transportation committee discussed the issue in November, they expressed concerns over delays and the deterioration of the rail lines, according to a staff report.

● JENNIFER TAPLIN



"We've talked about it for 20 years and that's got to stop. Emotionally, and vision-wise, I believe it's doable."

BEDFORD COUN. TIM OUTHIT

1

news


Britain's government is looking to empower firms' shareholders to veto executive pay packages. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

HRM pushed school sale: Coun.



► Downtown Halifax Coun. Dawn Sloane in this file photo.

- Community leaders taking case to council on Tuesday
- St. Patrick's-Alexandra School closed down last year



ALEX BOUTILLIER
@METRONEWS.CA

Coun. Dawn Sloane says municipal staff pushed through the sale of St. Patrick's-Alexandra School.

Speaking at a rally to overturn the sale on Sunday, the councillor for downtown Halifax said Halifax regional council didn't follow municipal policy in awarding the site to Jono Developments Ltd.

When asked in an interview afterwards who pushed the sale forward, Sloane simply responded "staff."

"Again, we had this problem with the sewage-treatment plant, where they didn't want to hear from my community," she

Plans for the site

► **Housing development.** Jono Developments Ltd. is planning for the site a mixed-use housing development — condos — while opponents suggest the building could be repurposed to house the North End Health Clinic and the Micmac Native Friendship Centre.

said. "They're doing it again with this."

Sloane said policy required municipal staff to embark on a 90-day community consultation before selling the property.

"Myself and Jennifer Watts at (Peninsula) Community Council in April of last year ... (asked for)

what was going to be started when this school came up for sale, and we never did get a reply from staff," she said.

Still, she said it wasn't a fair question to ask whether or not she wants the decision overturned.

"I didn't say no and I didn't say yes. I want answers first."

Some answers may come Tuesday, when opponents of the sale plan to visit city hall.

Rev. Rhonda Britton, who has led the charge demanding council revisit the decision, said the community doesn't oppose "development" as such.

"They made a misstep in the process, and they need to redo this," Britton said Sunday.

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- Disappearance of St. John's man in Halifax still unsolved more than 15 years later
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RYAN TAPLIN FOR THE ST. JOHN'S TELEGRAM

Without A trace

► The former Twin Elms Motel on Inglis Street is seen in this photo taken last week. Former Newfoundlander Jaime Morey Wyatt was last seen at the motel on Nov. 16, 1996. Police suspect foul play in his subsequent disappearance.

The last reported sighting of Jaime Morey Wyatt was at a now-defunct Halifax motel, where he told staff he was expecting someone to pick him up for a dinner party.

More than 15 years later, Wyatt's family in St. John's has no more answers to his disappearance than that vague detail.

"I would certainly like to know what happened to him, but I don't think that is ever going to be the case," said his younger sister, Barbara Slattery.

"Fifteen years is a long time. I think the (police) in Nova Scotia did what they could and what else is there to do?"

Wyatt's disappearance is among more than 60 unsolved cases in a reward program targeted at major unsolved crimes and administered by the Nova Scotia Department of Justice.

He is still listed as a miss-

"Frankly, I don't think he'll ever be found. I don't think we'll ever know — not after this length of time. How could you possibly hear anything unless he's alive somewhere?" BARBARA SLATTERY, WYATT'S SISTER

ing person in the logs of Halifax Regional Police.

But to his family he is a beloved, fun-loving brother and uncle, and the loss has brought about anguish and unending mystery.

Wyatt was staying at the Twin Elms Motel on Inglis Street in Halifax's south end, and was last seen Nov. 16, 1996. According to Halifax Regional Police, the circumstances of his disappearance are suspicious and foul play may be involved.

Single and 62 when he disappeared, Wyatt had worked all over the world offshore, mostly on supply vessels; then he settled into working on vessels sailing in and out of St. John's and Halifax.

He retained an apart-

ment in St. John's. When crew changes took place in Halifax, he would often stay at the Twin Elms, a stately old home that had been converted into a bed and breakfast.

Slattery said Wyatt kept in regular touch with his family, but the last time any of them saw him was Thanksgiving 1996, when Wyatt — who always left his car in St. John's — travelled to Truro to visit a nephew living there. Afterwards, he got on a bus bound for Halifax.

"He kept in touch with me always," said Slattery, fighting tears during an interview.

"It didn't matter if he was on the Panama Canal or wherever he was — he kept in touch."



► Jaime Morey Wyatt

Slattery said it wasn't until February 1997 that the family got a call from the Twin Elms.

There had been a piece of luggage belonging to Slattery sitting in the woman's office, and that day she turned the tag over

and saw Slattery's phone number. Slattery found it odd they took so long to call, but that's when she learned of Wyatt's last known whereabouts — he told staff he was going out that night in November 1996.

All Wyatt's seagoing papers, his passport and wallet were left in his room.

For several years after his disappearance, Slattery would frequently get calls from Halifax police, but they haven't been in touch in recent years. The calls would come for clarification when unidentified male remains were found, even if they didn't fit the slightly built Wyatt's description.

"The minute they would say, 'This is Const. so-and-so,' your heart would come up in your throat," she said.

Other than that reported last day at the Twin Elms — which is now an apartment building with different owners — Wyatt's family

'Things can change'

- Halifax Regional Police spokesman Const. Brian Palmetter told The Telegram by email the Wyatt case is still open, is routinely reviewed and any new leads are investigated.
- Though Wyatt is officially listed as missing, police have said they believe he may have been murdered.
- "Things can change and people who have information can make a decision even after a long period of time to come forward," Palmetter said.

and police are stymied.

"I think they followed up on leads and stuff, but they had nothing, no idea. If it didn't happen to me, I'd say, 'That's nonsense. It couldn't possibly happen.' But it does happen — to vanish without a trace is so strange," she said.

ST. JOHN'S TELEGRAM

Witnesses mum on murder: Cops

▶ Teen was stabbed at a party last year in Dartmouth

Police say there are people who know what happened in the murder of a 19-year-old Dartmouth woman last January but are refusing to come forward.

Keya Simon was stabbed to death on Jan. 8, 2011, in the early morning hours.

"There were a number of people present when she was killed and those people haven't come forward with the information they have," said Halifax Regional Police spokesman Const. Brian Palmeter. "We believe there are people who know exactly what happened."

The 19-year-old was at a party at her sister's apartment on Pinecrest Drive in Dartmouth when a group of people known to them arrived. An altercation en-



▶ Keva Simon

sued, spilling out onto the apartment lawn, with Simon and her 32-year-old sister both stabbed.

Simon was pronounced dead at the scene. Her sister was treated for non-life-threatening injuries.

PHILIP CROUCHER

To phone in tips

Anyone with information relating to Simon's death can contact police at 490-5016 or through Crime Stoppers at 1-800-222-8477 (TIPS).



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China.....	1.9 C/min	Poland.....	1.9 C/min
Colombia.....	from 3.9 C/min	Romania.....	1.9 C/min
Cuba.....	89.9 C/min	Russia.....	from 1.9 C/min
El Salvador.....	9.9 C/min	South Korea.....	2.9 C/min
Germany.....	1.9 C/min	Sri Lanka.....	9.9 C/min
Iran.....	5.9 C/min	Trinidad.....	4.9 C/min
Israel.....	1.9 C/min	U.A.E.....	14.9 C/min
Italy.....	1.9 C/min	Ukraine.....	7.9 C/min
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Eco. Disaster



► The stranded cargo ship *Rena* breaks in two pieces after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand. The Greek-owned ship ran aground on Astrolabe Reef on Oct. 5, spewing heavy fuel oil into the seas in what has been described as the nation's worst maritime environmental disaster.

MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Pouring oil into troubled waters

'They killed my baby': Mom of man beaten in Grenada

► More details emerge about Oscar Bartholomew's death at Grenada police station ► Family, friends prepare for his funeral on Monday

In the end, it may be that one of Oscar Bartholomew's trademark bear hugs sparked the tragic chain of events that led to his beating death in a police station in St. David's, Grenada.

While much remains to come out about what happened, the Canadian Press, based on several interviews, has pieced together an account of what some say led to the death of the visitor from Canada.

"They beat my child to death," Andrianne Bartholomew, his grieving mother, said Saturday. "They killed my baby, my last baby. They killed him."

Bartholomew, 39, a native Grenadian who lived in Toronto, and his wife of 10 years, Dolette Cyr

Bartholomew, of Cascadia-St. Jules, Que., were visiting over the holidays. While driving on Boxing Day, Cyr Bartholomew needed to use a washroom, and the couple stopped at the St. David's police station, where she went inside to use the facilities.

Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car and grabbed her from behind in an exuberant embrace, witnesses said.

"He was always loving to his people," his mother, 71, said of the youngest of her four children. "Whenever he meet his people, he always hugged them and give them a cheer."

Some said the officer yelled out she was being



► Andrianne Bartholomew says her son was a "quiet, loving person."

raped. Defence lawyer Anslem Clouden, who represents one of the accused officers, said the officer "cried out for help."

At that point, a colleague in a parked police car came to her assistance. A second officer soon came running from the station to help.

Police say Bartholomew

tried to kick the officers and resisted them. "Temper flared on all sides," Clouden said.

Three other officers joined the fray and held him down as they struggled to handcuff him. A senior officer ordered a junior to use his belt to tie Bartholomew's feet together because he was kicking out, the lawyer said, citing witness statements.

Within minutes, Bartholomew was in a coma and lay dying.

Cyr Bartholomew, who did not see much of what happened to her husband, refused to discuss the matter Saturday as she prepared for his funeral, to be held Monday.

"It's a very bad time," she said. **THE CANADIAN PRESS**

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. JOHN RAOUX/THE ASSOCIATED PRESS FILE
3. MATT YORK/THE ASSOCIATED PRESS
4. CHERYL EVANS/THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS



1 Tens of thousands of South Africans wave the colours of the African National Congress on its 100th anniversary on Sunday. Absent because of his frailty was Nelson Mandela, the nation's first black president and longtime leader of the anti-apartheid movement. **THE ASSOCIATED PRESS**

2 British astrophysicist Stephen Hawking turned 70 on Sunday. Hawking, who suffers from motor neuron disease, was not well enough to attend a cosmology conference held in his honour at Cambridge University. **THE ASSOCIATED PRESS**

3 Catherine Middleton, the Duchess of Cambridge, turns 30 on Monday, but royalty buffs expecting a lavish party will be disappointed. Palace officials said the duchess will mark the personal milestone with a "low-key and private" affair. **THE ASSOCIATED PRESS**

4 Ina Menzl hugs her daughter, Rebecca Kraft, 4, on Sunday outside the Tucson, Ariz., Safeway store where Congresswoman Gabrielle Giffords was shot a year ago during a shooting spree that left six dead and 13 wounded, including Giffords. **THE ASSOCIATED PRESS**

Canada Day party to commemorate War of 1812: Documents

The federal government has hired a consultant to inject a little war into this year's Canada Day bash on Parliament Hill.

Paul Shaw, a Toronto theatre producer, has been asked to find ways to insert a War of 1812 theme into the festivities that typically include pop music, dance

and fireworks.

"I do big-ass special events all the time, so they asked me to do that," Shaw said. "It's sort of tricky to do a War of 1812 theme when you've got so many modern things in and around it."

The Conservatives, who have been promoting Canada's military heritage, have



► Re-enactors dressed as British soldiers fire their muskets at American forces during a 2007 restaging of a War of 1812 skirmish west of London, Ont.

earmarked money throughout the year to note the bicentennial of the War of 1812 in North America.

The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill, giving the National Capital Commission a free hand to

organize the evening show.

But a recently posted tender document shows that the war theme will appear in both shows. "In 2012, the Government of Canada is commemorating the War of 1812 and this theme must be incorporated in both the noon and evening shows," it says. **THE CANADIAN PRESS**

Nigerian fuel-subsidy cut alarms lawmakers

► Occupy Nigeria protests have begun ► Anger fuelled by ongoing violence by radical Muslim sect, corruption

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Nigerian lawmakers on Sunday turned against the president's decision to end government fuel subsidies that kept gasoline prices low, just ahead of a planned labour strike that could paralyze Africa's most populous nation.

In an emergency session, Nigeria's House of Representatives shouted down supporters of President Goodluck Jonathan as they voted for a resolution calling on him to restore subsidies. But their moves went unnoticed by unions preparing for a nationwide strike set to begin Monday, despite a court order against it.

"This cabal and their associates represent perhaps the biggest economic and financial crime in the histo-

► An unidentified woman carries fuel from in Lagos, Nigeria, on Sunday.



ry of Nigeria," said Rep. Femi Gbajabiamila, a member of the opposition party Action Congress of Nigeria.

Gas prices have risen from 45 cents per litre to at least 94 cents per litre since the subsidy ended Jan. 1 at Jonathan's order.

Market moment

TSX	Dollar
- 48.76 (12,188.64)	- 0.76¢ (97.37¢ US)
Oil	Natural gas
- 25¢ US (\$101.56 US)	\$3.06 US (+ 8¢ US)
	Gold \$1,616.80 US (- \$1.30 US)

That spurred a spike in food and transportation costs across a nation of more than 160 million people where most live on less than \$2 a day.

THE ASSOCIATED PRESS



Old. Money

► This Heritage Auctions photo shows the front and back of one of the first pennies struck at the United States Mint in Philadelphia.

HERITAGE AUCTIONS/THE ASSOCIATED PRESS

U.S. coin fetches record \$1.38M

This 1793 Chain Cent sold for a record \$1.38 million US in a public auction at a coin collector's convention in Orlando, Fla., last Wednesday. The linking rings on the back of the coin were intended to represent the original 13 colonies. Critics claimed the chain was symbolic of slavery. The design was changed to a wreath.

Twilight series' makers set for a buyout?

Lions Gate is close to buying Summit

Entertainment, the maker of the teen hit Twilight series, for about \$400 million US in cash and stock, according to two people Sunday who were briefed

on the matter. They were not authorized to speak publicly and requested anonymity. Talks on a deal could be finalized this week. THE ASSOCIATED PRESS

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- 4 Rihanna You Da One
- 3 Marianas Trench Fallout
- 2 J Cole Workout
- 1 Katy Perry The One That Got Away

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SCREW THE VIEW? MAYBE STOP SCREWING THE TAXPAYERS

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On Wednesday, local radio personality Bobby Mac launched a new Facebook group "for those of us who are tired of those whining people who don't want any progress in this great city of Halifax." Its name? SCREW THE VIEW.

By Sunday morning, STV had 164 members.

"We are tired of the groups that stop progress in this great city of Halifax," he explained. "We want new buildings. No one goes up Citadel Hill for the view. They go for the fort, and for sex at night."

Accepting Bobby Mac's dubious proposition that no one goes there for the view, let's analyze his most serious argument: Whining, save-the-view-of-the-harbour-flotables crazies are preventing "progress" — by which I assume he means a forest of highrise office towers on the slopes of the Citadel.

Really?

Last year, Dalhousie University's Planning and Design Centre released a map showing 23 major downtown development projects, all of them approved, but almost none built or under construction. Who's to blame for that? Heritage groups? Developers? Or perhaps the economy, stupid?

"Last year, Dalhousie University's Planning and Design Centre released a map showing 23 major downtown development projects, all of them approved, but almost none built or under construction."

The convention centre? Despite the whining from the all-things-ancient lovers, the city and province eagerly approved the proposed project and shovelled buckets of our cash in its direction. The first real delay came because Ottawa took its time to say yes.

By the time it did, the economy had gone to hell in a handcart. The developer is still scrambling to find financing and tenants to make the project viable.

Speaking of which, the whiners — who also raised economics 101 questions about the convention centre — appear to have been right about that.

Consider this from the Dec. 31 Wall Street Journal, hardly a preserve of loony preservationists. There's "a nationwide surplus of empty meeting facilities, struggling convention halls and vacant hotel rooms," it notes. "How have governments responded to this glut? By building more convention centers, of course, financed by debt backed by new taxes and fees on already struggling taxpayers."

Uh... perhaps Bobby Mac's next Facebook group will be to whinge about how all our tax dollars are being wasted on a white elephant.

Now that would be progress.

Indo-Canadian centre about to plant its seed

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

A new and very dynamic place is about to take root

in Halifax.

The non-profit Indo-Canadian Community Centre Society is hosting a lottery to raise funds for the construction of a brand-new community centre for the Indo-Canadians in Halifax. Land has already been purchased on Chain Lake Drive and preparations are underway. There are roughly 3,000 Indo-Canadians living in the region, but the centre will

undoubtedly serve many more people who may not have Indian roots but still take an interest in the culture's traditions, languages and food. "Not only Indians, but Canadians and other people (support) it," said Dr. Dinesh Sinha, a past president of the Community Centre Society. Plans for the centre already include lessons on Indian languages taught by retired teachers, cooking classes

and programs for seniors. The centre would also play host to the annual India Fest, which experienced a very successful inaugural year this year. Buy a lottery ticket by e-mailing madhusinha@mail.com.

● CRAIG AND MARC KIELBURGER

Send your stories of positive action to goodnews@metowe.com and we will share them right here.

Daily Zoom

Bambi meets his master



Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape. Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

● METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the eagle and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

● METRO WORLD NEWS

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

● METRO WORLD NEWS

5

A fully grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.



2
scene

Keira's breakthrough

► Knightley talks about prepping for the role of a repressed psychiatric patient in *A Dangerous Method* ► How she battled her own psychological issue — a bad case of stage fright



RICHARD
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Since her 2002 breakout performance in *Bend It Like Beckham*, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film *A Dangerous Method*, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I



► Keira Knightley says that preparation is the key to getting over her stage fright.

find that preparation is the key."

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of *Atonement*, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was

going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'"

She eased her nerves with the research and further support was supplied during shooting by the

Viggo Mortensen on research

"With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

film's director, David Cronenberg.

"Sets... are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. ... He's a magician. He's absolutely extraordinary."

KEIRA KNIGHTLEY

Box office



The Devil Inside has scared up a monstrous \$34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The Devil Inside bumped another Paramount hit, *Mission: Impossible — Ghost Protocol*, from the No. 1 spot to No. 2.

THE ASSOCIATED PRESS



Gerry Dee turns former teaching antics into CBC-TV sitcom

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Talking points



Timberlake's granny spills the beans

ENGAGEMENT. While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and everything and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful campaigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family."



Rob Lowe a permanent replacement for Regis?

TALK-SHOW. There's been no word on just who will replace Regis Philbin now that he's retired from his daytime talk-show, but after two days of guest-hosting with Kelly Ripa, Rob Lowe is said to be a top contender for the position, according to TMZ.

Network sources tell the website that ABC executives "loved the chemistry between" Lowe and Ripa. Other front-runners for the position include Andy Cohen, Carson Kressley and Ripa's husband, Mark Consuelos.

● METRO

Say hello to the younger Young Hov'

► Jay-Z, Beyoncé welcome baby girl, name her Blue Ivy Carter

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca



Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid \$1.3 million to rent out.

And while mom and baby recuperate, security

is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees' mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo?").

While it's not likely the name was inspired by albums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.



► Jay-Z and Beyoncé

ALL PHOTOS GETTY IMAGES



► LeAnn Rimes

Rimes keeps her bra on

While Lindsay Lohan was more than happy to bare all in this month's Playboy magazine, the publication hasn't been as lucky with other celebrities.

LeAnn Rimes says she's

been approached repeatedly about appearing nude, according to Holliscope.

"They've asked me three times. My mom would kill me, but it's flattering," she says. ● METRO

Sienna finally settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

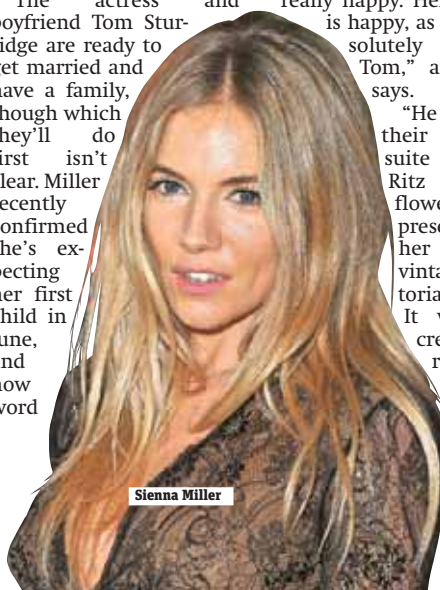
The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now word

comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."

● METRO



Sienna Miller

Celebrity tweets



The world is our office

@kanyewest

@DENISE_RICHARDS



Lola is funny always writing #'s down of products on tv..she wants

me to order slushy magic..anyone try it?

@CarrieFisher

I suddenly feel I've been miscast as Carrie Fisher. I am



holding auditions. The pay is not great. But at restaurants, you get great service--well, pretty good service, depending on the restaurant. And, if you're cast, you get a ton of shock treatments.

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life

Twins take over



More U.S. women are having twins these days. Health officials say one in every 30 babies is a twin. In 1980, only one in 53 newborns was a twin. Experts attribute the jump mainly to medical treatments and procedures that help infertile couples. But they note that there are more older moms today. For some reason, women in their late 30s have twins at a higher rate.

THE ASSOCIATED PRESS



Earlier diagnosis of dementia would have been beneficial, caregiver survey finds.

Get your kids moving in 2012



► **Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving** ► **'Think of exercise for kids as simply moving their bodies', she says**



HEATHER BUCHAN
LIFE@METRONEWS.CA

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting...while the other requires a couch. And maybe a sugary soda, as an accessory.

It's an old story: kids don't get enough physical activity. What's scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state

that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and life-long (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year? "Exercise for kids doesn't mean hitting the treadmill," explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack. Simply running around playing hide-and-seek or kicking around a

ball shouldn't be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

"Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it's throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline."

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible. "This way, they can choose which ones they enjoy," she says. One easy way to get kids moving around is through dance.

"It's much more effective

They follow you

► According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

tive to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment," she says, adding, "If they don't like dancing, they can skip to their favourite songs."

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

Tips

THIS YEAR,
GET YOUR
KIDS OFF
THE
COUCH

STEPHANIE JOANNE
EXTREME FITNESS
PERSONAL TRAINER



1 Lead by example.
Be a positive role model. Don't expect your kids to do

something you're not doing. Find activities you can enjoy together and commit to fitness for your family.

2 Create active habits.
Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 Get a dog. A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

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Spice up those healthy greens

With its tuna chunks, this salad is hearty enough for a filling lunch

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONews.CA



With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Preparation:

1 In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until

Spicy Oil-Dressed Tuna & Greens



This recipe serves four.

fragrant. Let cool slightly. Whisk in vinegar, salt.

2 In large bowl, combine greens, tomatoes, onion,

pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced

- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly

- sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

THE NATURAL PIT STICK ROUTE

Is there such a thing as natural deodorant that doesn't contain carcinogens and isn't too expensive? I really can't afford a \$17 deodorant. *Mansour of Toronto*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONews.CA



Yes. There are safer products that don't contain ingredients linked to the

"C" word.

Be prepared for a steeper price tag. Eco-friendly deodorants will run you about \$7 a stick. And you might need to try two or three before landing a brand that works for your body chemistry. I suggest

asking stores for samples or buying the travel-size so you can test and review.

Either way,

replacing your personal-care products with safer alternatives is a worthwhile endeavour.

For nontoxic pit sticks, shop for products without parfum (or fragrance), siloxanes and PEGs. These were the three most commonly found ingredients in deodorants and antiperspirants when the David Suzuki Foundation asked Canadians "Are the Dirty Dozen in your products?"

The concern with PEGs is contamination with 1,4-dioxane. The International Agency for Research on Cancer calls 1,4-dioxane a possible human carcinogen. It's also persistent, which means it doesn't readily break down in the environment. This increases potential for exposure.

Try the online Skin Deep Cosmetics Database, which ranks and rates more than 69,000 products. Or, in 15 minutes, you can make your own Queen of Green Don't Sweat It Deodorant Balm. Into a glass jar, add one tablespoon each of grated beeswax, coconut

oil, shea or cocoa butter, and melt it in the microwave. Then, stir in one tablespoon of baking soda and cornstarch. Finally, add

five drops of lemon essential oil. Let cool and store in an air-tight container. To apply, add a pea-sized amount under each arm.

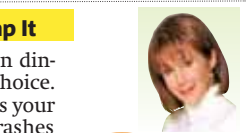
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New year, new look, new life

With a job on the horizon, cancer on the back burner and a positive outlook, Lisa Airst is ready to take on the world

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA

It's a new year and new

beginning for Metro's Makeover Contest winner Lisa Airst.

The cancer survivor is

about to start a new job as an educator with an organization that manages homes for people with

mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at NEXCareer didn't give up on me. I learned to be even more determined and persistent."

Lisa's new wardrobe from Danier, the notebook from TechDirect, the Blackberry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBrands all helped put her on the path to success.

She recently went to Donato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro

"I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

LISA AIRST, METRO'S TURNING POINT MAKEOVER CONTEST WINNER

News, Congratulations
Lisa!

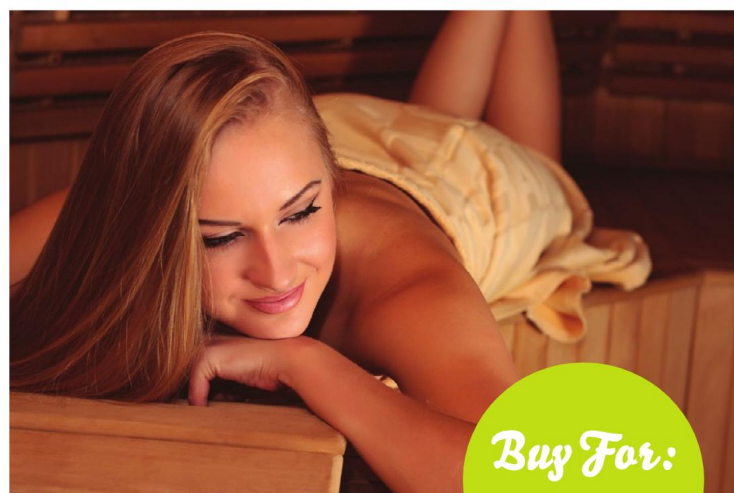


SCOTT KENNELLY



► Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.

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▶ Alexis Crossley

Crossley smiles all the way home after golden win

Alexis Crossley has a new prized possession.

The Cole Harbour blueliner won a gold medal at the IIHF world under-18 women's hockey championship in Zlin, Czech Republic, on Saturday, recording a goal and an assist in a 3-0 win over the United States.

"I've been travelling for 20 hours and it has not left my neck," the 17-year-old Crossley said Sunday between flights at Toronto's Pearson International Airport. "I've looked down at it countless times, and no matter how many times I look, I still smile every time I see it."

Crossley, who plays at Shattuck St. Mary's prep school in Minnesota and will suit up at the University of New Hampshire next season, was one of Canada's top performers at the annual tournament, recording two goals and three assists and maintaining a plus-8 rating in five games.

Both of her points on Saturday came in the first period, as she broke the ice at the 9:04 mark and assisted on Sarah Lefort's 2-0 goal five minutes later. It was a tense finish, with the U.S. out-shooting Canada 28-16, but Sidney Roesler's goal with 4:18 remaining relieved the pressure.

"It was then that we were like, 'OK, we've got this,'" Crossley said. "And we just kept pushing from there to prove we really did have it."

Canada's only other gold medal at the five-year-old tournament came in 2010. The U.S. has won the event every other year.

● MATTHEW WUEST

▶ Mooseheads kick off 2012 with a pair of losses ▶ Setbacks cause club to slip one spot in QMJHL standings



RYAN TAPLIN/METRO FILE

▶ Mooseheads forward Nathan MacKinnon had two goals on Saturday night and was the second star.

Moose stumble into new year



MATTHEW WUEST
@METRONEWS.CA

They lost to the worst and they lost to the best. No matter how you slice it, 2012 hasn't been kind to the Halifax Mooseheads.

The Mooseheads emerged from a six-day New Year's break in sluggish fashion on the weekend, losing both of their games at the Metro Centre. They fell 5-4 to the last-place P.E.I. Rocket on Friday and followed it up with a 6-3 loss to the first-place Saint John Sea Dogs on Saturday.

"You definitely don't want to start the new year like that," said Mooseheads assistant captain Trey Lewis. "I think it's just details. We've got our full lineup back. The guys

think it's going to come easy but that's not the case at all, and we've got to get back to working hard."

The losses couldn't be attributed to one thing, but the Mooseheads allowed goals in the opening 20 seconds of the first and third

periods on Friday, including the game-winner, and fell asleep in the second period on Saturday, allowing five goals while mustering just three shots.

Lewis said his team "stood back and watched" the highly skilled Sea Dogs

with a 1-0 home win over the St. Thomas Tommies.

Donnelly, whose Tigers also lost 5-1 to Moncton on Saturday, took over the job from Pete Belliveau after the team's miserable first half.

The Saint Mary's Huskies, meanwhile, fell to fourth in the AUS with a 10-7-1 record after losing both of their weekend games.

● METRO

Donnelly gets AUS win No.1

Former Halifax Mooseheads assistant and associate coach Chris Donnelly won his first game as an Atlantic University Sport men's hockey head coach on Friday, as the last-place Dalhousie Tigers snapped an 11-game losing streak

dismantle them in the second period, while Nathan MacKinnon said his team didn't put enough pucks on net. The Mooseheads had 53 shots in two games, including just 11 over the final two periods on Saturday.

"We were just being too cute out there," MacKinnon said following Saturday's game. "We weren't really doing what we had to do. We knew they were a more skilled team than us, and we have to work if we're going to win games, and at times we let up a little bit and it cost us."

The losses caused the Mooseheads to fall one spot in the QMJHL standings to sixth overall with a 24-13-4 record. They're back in action on Thursday at 7 p.m. at home to the Drummondville Voltigeurs.

4

sports

Quoted



"We put a lot of thought into this. It's important for us to win hockey games and win playoff series. That's why we put together a good group of young guys and a good group of veterans with playoff experience."

HALIFAX MOOSEHEADS
GM CAM RUSSELL ON MAKING
JUST ONE MOVE DURING THE
QMJHL'S FINAL TRADE
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Sports in brief

Titan triumph over Gatineau in overtime

QMJHL. Zach O'Brien, Sebastien Trudeau and Matthew Bissonnette combined for four goals and 11 points as the Acadie-Bathurst Titan defeated the Gatineau Olympiques 6-5 in overtime Sunday in Quebec Major Junior Hockey League action.

O'Brien and Bissonnette each had two goals and two assists, Bissonnette's second coming in overtime, while Trudeau chipped in with three assists.

With 77 points, O'Brien has taken over the league lead in scoring. Trudeau sits third with 72 points, followed by Bissonnette in fourth spot with 68.

THE CANADIAN PRESS

Manning leads Giants past Falcons

NFL. Eli Manning threw three touchdown passes and New York ran all over Atlanta 24-2 in the NFC wild-card game. Manning connected with receivers Hakeem

a 72-yard score and Mario Manningham on a 27-yarder as the Giants pulled away from the inept Falcons in the second half on Sunday.

THE ASSOCIATED PRESS

Broncos refuse to bow out of post-season

NFL. Tim Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the Steelers 29-23 in the AFC wild-card game on Sunday.

The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a pass at the Denver 38 and a stiff-armed Ike Taylor on his way to the end zone.

The Steelers lost despite Ben Roethlisberger rallying from a two-touchdown halftime deficit with 10 points in the final 10 minutes.

THE ASSOCIATED PRESS

Rainmen show they're not ready for first

- Rainmen fall apart in second half after taking 15-point first-half lead
- Loss puts Halifax to two-and-a-half games behind first-place Lightning



MATTHEW WUEST
@METRONEWS.CA

The London Lightning strengthened their reputation as the team to beat in the National Basketball League of Canada on Saturday.

In a game the Halifax Rainmen saw as an opportunity to shift the league's balance of power, the Lightning finished with a 25-point edge in the second half to recover from a 15-point halftime deficit and earn a 97-87 victory on home court at John Labatt Centre in London, Ont.

It's the Lightning's third win in as many tries against the Rainmen, whose franchise-record nine-game winning streak came to a screeching halt as they fell two-and-a-half games out of top spot.

"We really wanted to win this game just to prove where we was at and what level we was playing," said point guard Taliek Brown. "We just really wanted to win this game. ... But we lost it, so we just have to move on from here, get ready (for our next game), and try to keep winning."



► Rainmen point guard Taliek Brown drives the lane against the London Lightning earlier this season.

The Rainmen are 12-2 against the league's other five teams as they desperately try to get on even footing with the Lightning.

It was Halifax's lowest offensive output of the season, as they missed 13 of 15 three-point attempts in the second half after nailing 8-of-19 before the break. They also missed six of their final eight free throws late in the game, wasting an opportunity for a closer finish.

Jersey foul

The Rainmen's baby-blue road jerseys didn't arrive with the team's flight from Halifax, so they were forced to suit up in the Lightning's black practice uniforms.

"We just let up on offence and defence," said Brown, one of four players in double figures with 12 points. "We came out sluggish, they got the momen-

tum, and we just backed down instead of going forward."

The Rainmen get three more cracks at the Lightning, once on the road on Jan. 19 and again at home on Jan. 27 and Feb. 19. They're back in action on Tuesday on the road against the Moncton Miracles.

"We'll try to win the next time we play them," Brown said. "We have to keep playing hard and keep our heads up."

AUS BASKETBALL

Huskies steal pair of wins from UPEI

The Saint Mary's Huskies posted an impressive double upset of the previously unbeaten UPEI

Panthers in Atlantic University Sport men's basketball action at The Tower on the weekend.

The Huskies, who had just two wins in seven games at the holiday break, rolled to 93-86 and 91-83 wins over the Panthers to open the new year in impressive fashion. The Panthers entered the weekend 6-0.

The wins leave the Huskies (4-7) tied with the

Cape Breton Capers and Dalhousie Tigers for the AUS's final playoff spot.

The Tigers also had a successful weekend, improving to 3-4 by sweeping the Memorial Sea-Hawks in St. John's, N.L.

In women's action, the first-place Huskies swept the Panthers to improve to 8-1, two points ahead of Memorial (6-2).

● METRO

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OR TEXT* "BLLA5" TO 242424



A turning point for Detroit

► Lions have taken step forward despite loss to Saints, ending playoff drought ► 'We need to win our division'

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

"A loss like this makes us want to return to the playoffs even more," defensive end Kyle Vanden Bosch said. "It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year."

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams

from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay's backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.



► Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday's game.

"We learned that we need to win our division so the next time we can have a home game and benefit

from our home crowd like the Saints did," quarterback Matthew Stafford said.

"That's a huge difference."

Stafford's goal has a huge obstacle: Green Bay is-

n't leaving the NFC North. Detroit coach Jim Schwartz wasn't in the mood to reflect on the season after it ended in New Orleans, but he's expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

"We're going to be around for a while," said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

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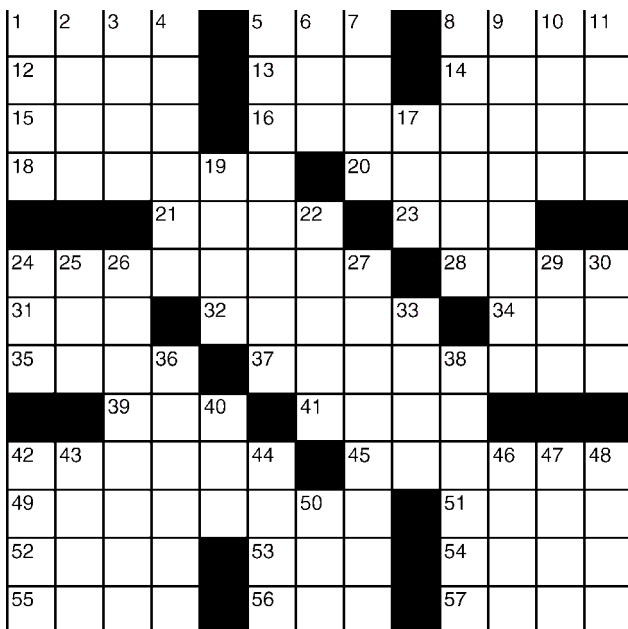
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Crossword

Across

1 Study hard
5 Unruly group
8 Oscar-winner
Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to box-
ers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behav-
iour
39 Work on the
soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing
plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat



Down

1 Ship's staff
2 Latvia's capital
3 Pronto, on a memo
4 Physician
5 Adapted

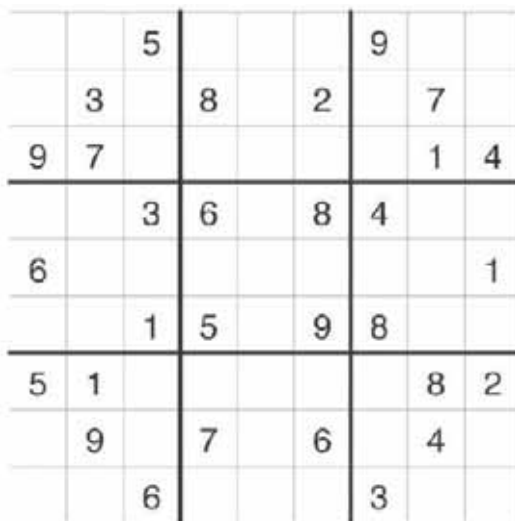
6 Individual
7 Flop on stage
8 More frilly
9 As part of an ex-
change
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician
Lauder
24 Insult (SL)
25 Historic time
26 Partners of
messieurs
27 Everest, e.g.

29 Twosome
30 Blunder
33 Actress Campbell
36 Least minuscule
38 Virgil hero
40 Crib
42 Leading man?
43 Sandwich shop
44 Elevator name
46 Mentor
47 Genealogy chart
48 Emcee
50 "— been had!"

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jacob G, Hey Babe, you light up the night sky and you brighten my day. it's amazing how someone could love someone so much. each day that we're together i cherish because i love you till death do us part.

YOUR WIFE!

you, Believe it! it's a rose you will get a sweetie not too long.

FROM ME

you, Well I really hope rose is who i'm hoping he is...then i'll be very happy. It couldn't hurt to be direct, not easy for me either believe it or not...

FROM ME

him, ;) wanna see u! wanna see me? ;) allz yah got-sa do is dial em digits... oh happy day! ;)

HER

Today's horoscope

♈ **Aries** March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.

♉ **Taurus** April 21-May 21 Don't focus on trivial issues when there are so many big things that need to be dealt with.

♊ **Gemini** May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.

♋ **Cancer** June 22-July 22 Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the

first place.

♌ **Leo** July 23-Aug. 23 Try not to let your imagination get the better of you over the next 24 hours.

♍ **Virgo** Aug. 24- Sept. 22 A positive outlook will most likely yield constructive results.

♎ **Libra** Sept. 23-Oct. 23

Today's full moon suggests there will be a clash of egos.

♏ **Scorpio** Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

♐ **Sagittarius** Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ **Capricorn** Dec. 22-Jan. 20

Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

♒ **Aquarius** Jan. 21-Feb. 18

Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

♓ **Pisces** Feb. 19-March 20.

You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **SALLY BROMPTON**

Caption contest



"What with the markets, I'm just trying to keep my head above water." IAN



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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